

Compassion Meditation Schedule

People thought for many years there was a happiness “set point” we could return to. For the longest time, though, researchers couldn’t find anything to back it up. Now, through years of research, we know people do actually have a normal level of happiness they always come back to, no matter the highs and lows they experience. Studies have found that even when people win the lottery or experience a death in the family, their feelings are temporary and they come back to their set points.

The best way to retrain your brain and raise your happiness set point is through meditation. For full instructions, listen to the loving kindness meditation audio file included in the Hope and Optimism module.

Meditate an hour each day. Follow the five week schedule below and incorporate the concepts for each week into your meditation.

WEEK 1

During your first week, devote your meditation time to loving yourself. Repeat the following phrases to yourself during meditation:

- “May I be free from fear.”
- “May I be peaceful.”
- “May I be well.”
- “May I be happy.”

WEEK 2

As you become more comfortable in meditation, extend your focus to loved ones around you. Choose one person you love deeply and imagine saying the phrases to him or her:

- “May I be free from fear.”
- “May I be peaceful.”
- “May I be well.”
- “May I be happy.”

WEEKS 3 - 5

For the next three weeks, work on expanding the circle of loved ones you think of while meditating. From your neighbors and coworkers, then your community, then the whole earth. Imagine saying the same phrases in Week 2 to all of them.